

CHANGES IN MOTORIC CHARACTERISTICS OF BOYS AGED 7 IN DIFERENT PROCESSES OF TRANSFORMATIONS AS THE BASIS FOR THEIR INCLUSION IN SPORT SCHOOLS

Summary

Two transformation techniques have been applied to two groups of boys aged 7 at their very entry to school system. The tasks were specially programmed in the experimental group (131 testee) and the instructions were performed by PE teachers. The control group (n=118) was included in the standard school programme of teaching performed by primary school teachers. The children were controlled through three control points with 12 motoric tests which were designed to cover that field well. The results showed that the experimental programme was many times efficient because much better values had been recorded through the second and third control point with the tendency to increase the difference to the advantage of the experimental group. Some better results can be registered in three levels: 1) the level of effectiveness of cardiovascular system, 2) the level of synergy regulation of motion especially marked with speed and flexibility and coordination to some extent and in 3) the level of engagement of a larger amount of energy of static and repetitive type, too. It can be concluded with certainty that the experimental programme showed much better results in the field of motoric dimensions and that it represents much better base for the gradual involvement of children into sport schools (e.g the schools of gymnastics, swimming, athletics, sport games, martial arts, etc.) by any standard.

Key words: *transformation processes, pupils*